



Learning to be a reflective practitioner includes not only acquiring knowledge and skills, but also the ability to establish a link between theory and practice, providing a rationale for actions. Reflective practice is the link between theory and practice and a powerful means of using theory to inform practice thus promoting evidence based practice.” (Tsingos et al., 2014)

Using the Reflective Practice template, document each step. The suggestions in the boxes may help you as you reflect on the incident. This Reflective Practice document will be reviewed by faculty and then you will post the final reflection in your LiveBinder folder.

| | |
|--|---|
| <p>Step 1 Description A description of the incident, with relevant details. Remember to <u>maintain patient confidentiality</u>. Don't make judgments yet or try to draw conclusions; simply describe the events and the key players. Set the scene! It might be useful to ask yourself the following questions</p> <ul style="list-style-type: none"> • What happened? • When did it happen? • Where were you? • Who was involved? • What were you doing? • What role did you play? • What roles did others play? • What was the result? | <p>Step 4 Analysis</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge, studies or research? • What recent evidence is in the literature surrounding this situation, if any? • Which theories or bodies of knowledge are relevant to the situation – and in what ways? • What broader issues arise from this event? • What sense can you make of the situation? • What was really going on? • Were other people's experiences similar or different in important ways? • What is the impact of different perspectives eg. personnel / patients / colleagues? |
| <p>Step 2 Feelings Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the final outcome? • What is the most important emotion or feeling you have about the incident? • Why is this the most important feeling? | <p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • How could you have made the situation better? • How could others have made the situation better? • What could you have done differently? • What have you learned from this event? |
| <p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • What was good about the event? • What was bad? • What was easy? • What was difficult? • What went well? • What did you do well? • What did others do well? • Did you expect a different outcome? If so, why? • What went wrong, or not as expected? Why? • How did you contribute? | <p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • What do you think overall about this situation? • What conclusions can you draw? How do you justify these? • With hindsight, would you do something differently next time and why? • How can you use the lessons learned from this event in future? • Can you apply these learnings to other events? • What has this taught you about professional practice? about yourself? • How will you use this experience to further improve your practice in the future? |

Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

| | |
|--|---|
| <p>Step 1 Description</p> <p>The video I watched called "Poor Kids," and followed three different families over the course of five years. Each family went through some sort of struggle than landed them in the poverty population. Each child from the family explained their feelings on their living situations and the struggles they faced every day.</p> | <p>Step 4 Analysis</p> <p>I think the broader issue is that poverty is huge in American and something needs to be done about it. The video said 1 in 5 kids experienced poverty in 2012. No child should have to face what the children in the video did. I think this video is a great example of how we can learn from other perspectives. Sometimes, I think life can get rough, then I listen to these stories from the video and I realize things aren't as bad as I am making them out to be. This video could easily tie in with topics such as insurance and noncompliance that we have learned about in lecture. Patients' are considered noncompliant because they can't afford the medication they need. Patients' illnesses also get worse because they don't have insurance, so they aren't able to afford the care they need. I'm sure none of the families in the video were able to spend what little money they had on medications or hospital bills.</p> |
| <p>Step 2 Feelings</p> <p>This video broke my heart. At the beginning, when each child explained their living situation, it just made me extremely grateful for what I have and what I was blessed with growing up. It was extremely upsetting to hear the kids talking about how they would just turn off the TV if they saw a food commercial because it would make them hungry and they didn't have any food. It was also upsetting having to see the young boy believe he doesn't have a future because his family couldn't afford to put him in sports and the only way he could go to college was on a football scholarship. I think the most important feeling I experienced while watching this was gratitude. Every day, people take advantage of what they have when there are others out there who would do anything to be in that position.</p> | <p>Step 5 Conclusion</p> <p>I don't know what the families could have done different because I don't know their exact background. After hearing the children 5 years later, it is good to hear they're all on the right track to becoming successful. After watching this video, I have learned that we should be kinder to people because we never know what they're going through. I also learned that we should make jobs, insurances, opportunities, etc. more readily available to people so we can cut down the poverty population.</p> |
| <p>Step 3 Evaluation</p> <p>One of the things I noticed from every single child in the video was that they were determined to live a better life than what they had growing up. None of them wanted their families to live the way they had to. They all strived to be better. It was difficult listening to the struggles a 10-year-old child has. No child should have to worry about if they're going to have enough money for dinner. It was also difficult seeing the girl and her brother search for cans to turn in for money. When a child is that young, they should be out playing on the playground with their friends instead of wandering around town finding cans to make money so they can afford dinner. I honestly expected the children to just give up once they were older. It was great seeing all of them so determined to be successful.</p> | <p>Step 6 Action Plan</p> <p>Overall, this learning situation was an eyeopener to me. I can apply these learnings when encountering just about anyone. You never know what someone is going through, so it's better to treat everyone with kindness. This can also be applied when working in the hospital. You never know what someone has to go home to, so always be an advocate for the patient while they're in your care.</p> |